

31 Days of
Prayer
for
the *military* family



PLANTING ROOTS

Introduction and Welcome

31 DAYS OF PRAYER FOR THE MILITARY FAMILY

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

Romans 8:26, ESV

Military life will spiritually and physically bring us to our knees. In the midst of several seasons of overwhelming familial struggles I found myself too weak to pray—overcome with anxiety and grief. The surprising visitor of PEACE came in the form of knowing others were talking to Our Father on my, and my family's behalf.

And it is from that place, that deep felt need of being surrounded by a community of Christian military women praying for, and with, one another that this prayer guide was formed. In these pages you'll find the personal cries to God from women facing military life head-on and praying for their families. They are powerful, raw, and anchored in God's word.

You can use this guide in (at least!) two beautiful ways:

Topically

Sometimes, when facing a specific trauma or challenge, we just don't know what to say. We feel overwhelmed and speechless, smothered by our grief, worries, and fears. It is our hope that these words, written by Planting Roots women just like yourself, will give you a starting place to return to prayer based on the struggle you are facing. Find the topic that you need and begin praying to our Abba Father knowing that he is sovereign, you have this guide in your hands for a reason, and that he knows the plans he has for YOU, for your good and to glorify his kingdom.

Corporately

Pray in community with a group of women each day through the entire 31 days of prayer. Simply change the pronouns to adjust to fit with your situation. Or, leave them as they are and

pray as a member of this unique Christian women's military community we are all a part of. If you need a group to pray with, send me a note at the link below. We have Planting Roots staff and friends all over the world.

The Jesus Way

We are told Jesus both regularly went alone to pray and prayed in community with His followers. Prayer is a gift and a great mystery. At its most basic, prayer is simply a conversation with our Heavenly Father, but it is a conversation that contains great power. This is the power to heal, to restore, to bring freedom and life. It is a weapon against the schemes of a very real enemy.

*This war is both **personal** and **universal**—our prayer life should be too.*

We are so thankful you are here and reading this. We are praying for you, specifically that this booklet blesses you and your family. You are not alone my friend. We love each other well when we love each other through prayer.

If you ever need a friend to pray for you, or help getting started, just **send us a note**.

Michelle Hieb

Director of Spiritual Development



PRAYER LIST

The Beginning of Separation
The Middle of Separation
The End of Separation
For the Parent Away
For the Parent at Home
For the Children During Separation
Saying Goodbye to a Duty Station
Starting Over at a New Duty Station
Placing Promotion/Career Path in God's Hands
Celebrating a Birthday/Anniversary Apart
Relationship w/Extended Family
Grieving a Loss
For the Children
For Our Marriage
Being a Leader
Being Under Authority
Finding a New Job
Finding a Faith Community
Details of a PCS
Reintegration
PTSD/Moral Injury
Fear
Identity
Stress
Safety
Loneliness
Resentment/Bitterness
Uncertainty
Station Assignment
Loss of Control
Thankful



THE BEGINNING OF SEPARATION

*I took you from the ends of the earth, from its farthest corners I called you.
I said, 'You are my servant'; I have chosen you and have not rejected you.
So do not fear, for I am with you;
do not be dismayed, for I am your God. I will strengthen you and help you;
I will uphold you with my righteous right hand.*

Isaiah 41:9-19, NIV

Father,

The cloud of impending doom hovers over us. All the what-if's threaten to strangle. In everything there is a sadness of being separated, a fear of being alone. How is a warrior supposed to walk away from their family? This gut-wrenching pain comes out in big emotions that aren't always understandable...especially in our kids.

Father—Abba-Daddy—we need you. We need you to hold together our relationships when we are apart. We need your strength to help us face the day and do the jobs you've given each of us. We need your courage to fight the battles in our minds and in our worlds. We need your protection over the ones we love so much. We need your wisdom on how to carry on. And we need your hope and peace, which make no sense in this world.

We thank you now that you will answer these prayers. You promise to be all we need. You promise to comfort, guide, protect, strengthen. Help us to lean hard into you during this time. May we be aware of how closely you are holding us.

So with you Lord, may we grieve well, use this time well, say goodbye well and be your brave warriors.

In Jesus' name,
Amen



THE MIDDLE OF SEPARATION

*Even youths grow tired and weary, and young men stumble and fall;
but those who hope in the LORD will renew their strength.
They will soar on wings like eagles; they will run and not grow weary,
they will walk and not be faint.*

Isaiah 40:30-31, NIV

Father,

I am growing weary with this separation. But, I know that you are my hope. You established our family and you will provide our every need. So, I come to you, because only you can heal my hurting heart that aches for my husband and the reunification of our family.

Father, help me to endure this separation with strength and fortitude. I want to soar like the eagles, not be left faint on the ground. Renew my passion, my love, my determination, my commitment to you, my husband and to our family. Help me to love them as you love me—freely and with grace, mercy and creativity. Help me to see this time not as a painful burden, but as an opportunity to discover daily the ways you lift the burden from my shoulders. Help me to complete the tasks of my day looking at them not as boring and meaningless, but as an offering to you.

Thank you for bringing me this far through our separation. Thank you for providing for our needs. Forgive me for taking that too lightly. I look at what has passed and know I can trust you for what is to come. Help me to focus on today alone and what is before me now, rather than worry about what I can't see and only you know. Remembering that you work all things for the good of those that love you, I will trust that whatever is in the days ahead, you are with me and nothing can separate me from you. So, I hope and wait for you to renew my strength.

In Jesus' name,
Amen



THE END OF SEPARATION

I will extol you, my God and King and bless your name forever and ever. Every day I will bless you and praise your name forever and ever. Great is the LORD, and greatly to be praised, and his greatness is unsearchable.
Psalm 145:1-3, ESV

The LORD upholds all who are falling and raises up all who are bowed down. The eyes of all look to you, and you give them their food in due season. You open your hand; you satisfy the desire of every living thing. The LORD is righteous in all his ways and kind in all his works. The LORD is near to all who call on him, to all who call on him in truth. He fulfills the desire of those who fear him; he also hears their cry and saves them.
Psalm 145:14-20, ESV

Father,

You are great, and we need your greatness in the midst of separations which can feel not-so-great. As we look to the end of this separation, we see how you have sustained us. You have carried us, providing for our every need, upholding us in our times of weakness and despair. Though we were apart from one another, you were by our side. You fulfilled our desires and now are bringing us together again. We praise you, Lord, for your faithfulness and steadfast love.

Truly, you are righteous in all your ways and kind in all your works. We call on you again, Lord, asking that this time of reunion would be sweet, that you would bind our hearts together, and that your name would be lifted higher. Help us to recount your faithfulness and proclaim your greatness to each other and all those who hear our story. May this be a time in which you are glorified through us. May we serve you faithfully.

Keep us from the temptation to harbor resentment from all we've had to endure and carry on our own during this separation. May we be people who celebrate your goodness and who live dependently on you and those you have placed in our lives. You have made us for yourself and for community. May we be kind, gentle, tender-hearted, forgiving one another as you have forgiven us. Help us to abide in you, to remain in your love, and to serve one another with gladness.

In Jesus' name,
Amen



FOR THE PARENT AWAY

*I prayed for this child, and the Lord has granted me what I asked of him.
So now I give him to the Lord.*

1 Samuel 1:27-28a, NIV

Father,

You made me a parent and you also called me to serve my country which at times does not make it possible for me to be physically present in my child's life, and so I give them to you, knowing that you are the perfect parent. Help me to trust you like Hannah did to protect, and guide, and love the child you gave me. Protect them from harm and provide those caring for them with wisdom. Help me with creativity and diligence to communicate my love from a distance. Keep me from hardening my heart to my children in a misguided attempt to numb the pain I feel from this separation. Help me to connect from afar and when it is time to be present physically to step in gently, giving us time to learn one another again, realizing that time and experience has changed us both. Help us to grieve the missed time and cherish the present time all the more. Please keep bitterness from taking root in my heart towards the one who got to experience all that I missed.

Lord, I want my child to go through life without challenges and hardships. I want them to experience only happiness and joy. But, I know that isn't possible. We live in a broken world and you even warn us to expect hardship and struggle, even more if we confess you as our Lord and savior. So I will trust that just as you have used the hard times in my life to mold and grow me, that you will do the same for my child. Help me to always point them to you as their source of true strength, hope, and joy.

In Jesus' name,
Amen



FOR THE CHILDREN DURING SEPARATION

*He tends his flock like a shepherd: He gathers the lambs in
his arms and carries them close to his heart; he gently leads
those that have young.*
Isaiah 40:11, NIV

Father,

These little ones—your little ones—struggle with people leaving, especially for deployments. You have created them with the need for a parent, blessed them with a good one, and now they miss their warrior.

Heavenly Father, Abba-Daddy, you know their fears, their thoughts, their emotions that they cannot even understand. You know everything is big and overwhelming when a person is little. And you love your little lambs.

Thank you for helping them. Please hold them close and carry them gently. Please calm their spirits and may they grow in the awareness of your presence. Protect their hearts. Give them emotional wisdom beyond their years. May they learn to lean on you in all trying times. Strengthen their hope for that great day of reunion. Give their caregivers extra patience, grace and understanding for them.

You are the One who can always be with them. You are the only One who will never fail them, never fall short, never break a promise. We thank you Lord for your love. Thank you for the love of family.

In Jesus' name,
Amen



SAYING GOODBYE TO A DUTY STATION

*You will go out in joy and be led forth in peace; the
mountains and hills will burst into song before you, and all
the trees of the field will clap their hands.*
Isaiah 55:12, NIV

Father,

This moving doesn't seem to be getting any easier, especially as the kids get older. You have blessed us here. Ripping away from relationships, from our church, from all things familiar—it's tough. But you are sending us, through military orders, so we will trust you and go. You have taken care of us before, and you will again. So whether we think this will be a wonderful new place or a challenging one, we will bravely follow you.

Help us say goodbye well, Lord. Help us grieve, and be patient with each other's emotions. Then help us find hope for the future. May we find your joy as we obey.

Please go ahead of us, Lord. We trust you for every detail—the new home in a new neighborhood, the schools, the work, the friends, the church—all of it is in your hands. Place us where you want us to shine your light. May we be strong and steady warriors for you wherever you send.

In Jesus' name,
Amen



STARTING OVER AT A NEW DUTY STATION

*The Lord is the one who will go before you.
He will be with you; he will not leave you or abandon you.
Do not be afraid or discouraged.
Deuteronomy 31:8, CSB*

Father,

Thank you for seasons of transition. Thank you for the opportunity to be in a career field that has built-in new beginnings, new places to explore, and new people to be in community with. Despite the excitement and anticipation I'm feeling about the new experiences, I am nervous and anxious about the many challenges that make this time in life uniquely difficult. I feel stressed and exhausted, and being out of my normal routine is taking a toll on me. Lord, please empower me with the strength and endurance that only you can provide. Please help keep peace in my family, regardless of all the emotions we all are experiencing.

As we travel to our next duty station, I ask that you would prepare the way for my family, just like you prepared the way for Joshua when he took over for Moses. Please give us wisdom and discernment to find a church quickly, where we can serve and be part of a community of believers. Please help our housing situation work out smoothly.

Please surround us with caring and loving people that we can build relationships with. Please provide opportunities in work, church, and hobbies that will bring us joy, and help us to feel "at home" quickly. Lord, I know that you are sovereign, all-powerful, and loving. Thank you for taking care of my family during this challenging season. I praise you for all of the ways you are protecting and providing for us right now, even in ways we can't see. Thank you for being a loving Father who wants the best for His children. I know this assignment did not surprise you, and you are using it for your plans and purposes. Help us to be active participants in your will and story. And help us to live out this upcoming assignment for your glory.

In Jesus' Name,
Amen



PLACING PROMOTION/CAREER PATH IN GOD'S HANDS

I say to myself, "The Lord is my portion; therefore I will wait for him." The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.

Lamentations 3:25-26, NIV

Father,

You have placed our family into service to our nation. Whether wearing the uniform or working as a civilian I choose to trust you today with my career. With each job, promotion, honor and recognition, I give glory to you. With each promotion not given, honor passed over, and recognition overlooked I give glory to you.

I have my own desires for my career, dreams of particular duty stations, ranks and honors achieved. However, these are often dreams for selfish gain, for personal glory and recognition as I forget that my skills, abilities and intellect are all gifts from you. I choose to refine and grow them either in response to you or for myself. Help me to always honor you and your gifts with my life, my choices, and my career. Whether I achieve the highest rank or remain an entry level employee, help me to remember that just as each part of the body is necessary for every other part, so my work is useful at whatever level I serve. Help me to always first represent you through my integrity and care for my fellow human beings. Keep me in right standing with you that my position of employment never becomes my identity. Because one day it will be mine no longer, someone else will wear the title or fulfill the needs of that position, but I will always be your child.

I trust that with each step forward along a worldly career path, you will protect my heart and mind to remain faithful to you. With each step seemingly thwarted I trust that you are still protecting my heart and mind to remain faithful to you. Help me to honor you in all I do.

In Jesus' name,
Amen



CELEBRATING A BIRTHDAY/ANNIVERSARY APART

He heals the brokenhearted and binds up their wounds.

Psalm 147:3, NIV

Father,

Lord, being married and in the military is hard. I'm often left alone taking over the responsibilities of both mom and dad. I have to nurture my family while also protecting them. Sometimes, I must confess, my heart grows bitter and my soul grows weary from having to do it all alone during long periods of separation. Birthdays, holidays, and anniversaries apart feel more like a painful sting than the celebratory occasion they are meant to be. I don't want to be stuck in my sadness when I have so much more to be thankful for.

Lord, I'm sorry for my attitude when I focus on the pain instead of on the good. I know you know what it's like to be separated from those you love because our sin separates us from you. You are always waiting patiently for us. We're the ones distancing ourselves from your loving arms with our sinful actions and hearts. You long for your people to turn towards you.

God, it is a comfort knowing that you know what it feels like to be separated from someone you love. Thank you that I can find refuge in you. Thank you that I'm not alone in my sadness and longing to be reunited and celebrating with my service member.

I choose to dwell on the goodness of the Lord and anticipate the day that I can celebrate our special day in person. Thank you Lord that you heal the brokenhearted and you bind up my wounds.

In Jesus' name,
Amen



WHEN EXTENDED FAMILY DOESN'T “GET IT”

Above all, keep loving one another earnestly, since love covers a multitude of sins.

1 Peter 4:8, NIV

Father,

Thank you for being our heavenly father, and inviting us into a family of faith. Thank you for creating families, and using them as part of your plan for all people, regardless of the health of our individual families. Thank you for giving us life through our families. And thank you for seeing the struggles we face within our families. Lord, help us to love others as you love us, and show us what that means in our unique circumstances.

Lord, we acknowledge that military life can complicate our relationships with extended family, whether or not we consider those relationships healthy. Yet sometimes it simplifies those relationships where space is needed. Regardless, we ask that you help us to honor, love, forgive, bear with, and pray for our extended family members as we walk our military roads. Be with our extended families in our separations. Please use these earthly relationships to give us more compassion, understanding, and maturity, and to help us love as YOU love.

In Jesus' name,
Amen



GRIEVING A LOSS

He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

Revelation 21:4, NIV

Father,

This life—this military life—is full of separation, loss. We were not made for this. You did not make us this way. The pain feels like it will end us.

This world holds no hope, and we cannot go on without it. Yet you are hope. And you give hope. You comfort. You make a way. We thank you for your promise of eternity together for those who love you. We wait for no more tears, no more goodbyes.

And today, we thank you for being here. You sit with us. You grieve with us. You hold us. Please help us with all these emotions. Help us respond to each other in love. Be the grace between us. May we be able to hold each other up. Help us to trust you with all the questions for tomorrow. Help us heal, to deal with this fully, to carry on in the way that only you can make possible. When we can't even take the time to mourn, when no one else around us knows what's happened, you know and you understand. Thank you for being a God who loves us and fully enters our lives.

So Lord, give us courage to carry on. Give us your peace that makes no worldly sense. Hold us close to you.

In Jesus' name,
Amen



FOR THE CHILDREN

Your children will be like olive shoots around your table.
Psalm 128:3b, NIV

Father,

Thank you for the gift of children. Thank you that fruitfulness is part of your character, and that we see your creativity, freshness, and wonder in each and every child. It's so neat to hear you describe children as "olive shoots" around our collective tables, whether we have children or not. When I think of olive trees, I think of useful olive oil, of beautiful trees against rugged backdrops, and of resilience to both heat and cold. Resourcefulness, beauty, and resilience for our military children...yes and amen!

Father God, military life is not simple. It can be hard to know the impact on our little ones. For every military child out there, I ask for resourcefulness, beauty (even among ashes), and resilience. I ask for practical resilience, emotional resilience, freedom from fear, and spiritual resilience. Please make yourself known in all things, that these young hearts might trust you and drink from the joy of your salvation. Protect them, Lord, as young olive trees need protection from pests, disease, drought, and even dirty gardening tools. As you prune them, for every tree needs pruning, may it come from loving hands, full of kindness and grace. Forgive us for the times this was not the case. For the prodigals out there, Lord, bring them back to your fold.

Trusting you, Jesus, with these young trees.

In Jesus' name,
Amen



FOR OUR MARRIAGE

My command is this: Love each other as I have loved you.
John 15:12, NIV

Father,

Thank you for this marriage! It is the best of times, and though it can feel at times like the worst, it is always a gift from you.

And we need you to help us care for this gift. Lord, teach us to love well. Help us communicate. Show us how to give each other the respect and honor needed. May we learn every day to submit, serve, sacrifice. Thank you for being the perfect model of love and unity for us.

Lord, please protect this union. In the times of separation, may we lean into you more. In the times we have to sacrifice our own desires, make us strong. When we hurt each other, help us quickly repent and forgive and heal. In this military life, show us how to be healthy in our independent dependence. Please make us stronger through all the challenges.

Lord, please grow us closer to you—which will bring us closer to each other—physically, mentally, emotionally, spiritually. May we be one, as you designed.

In Jesus' name,
Amen



LEADERSHIP

I love you, O Lord, my strength. The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

Psalm 18:1-2, NIV

For it is you who light my lamp; the Lord my God lightens my darkness. For by you I can run against a troop, and by my God I can leap over a wall. This God—his way is perfect; the word of the Lord proves true; he is a shield for all those who take refuge in him.

Psalm 18:28-30, NIV

Father,

Thank you for this position of leadership you have placed me in. I do not take the burden of caring for others and guiding their work lightly. We are all created in your image. Thank you for the men and women you have surrounded me with in my closest inner circles: my advisors, my peers, and my friends. May they see that I am the same person both in public and in private; that my honor and integrity come from something more eternal than work. Lord, let them see that it comes from you. Let my foundation, my strength, and my reward always come only from you. Help me resist people-pleasing and the siren call of applause to choose harder rights over easier wrongs.

Remind me that YOU are my rock and my fortress; my safety in the midst of storms! My feelings may get hurt, my body may get hurt, but my soul is safe in your hands.

Finally, show me how to rest and recover while leading faithfully. Protect me from the idol of 'busyness' and help me keep sacred spaces of rest and worship. Keep my lamp burning bright so that all whom I lead see that I am a leader after your heart. That the standards of your Kingdom are more worthy than any set by the military. With you at the helm of my heart, I will be secure, I will be successful, and the example I set will bring others into your kingdom for the glory and the victory that lasts long beyond the moth-eaten banners of this world. To you be all glory and all praise.

In Jesus' Name,
Amen



BEING UNDER AUTHORITY

*Everyone must submit himself to the governing authorities,
for there is no authority except that which God has established.*
Romans 13:1, NIV

Father,

It is so hard to submit to the will of others, to allow their commands and demands to rule over our daily life. But, this is how you established order in our communities. From our earliest days we are under the authority of our parents, then as we become adults we realize we are under the authority of our employers, our governments, and ultimately you. This authority seems even more intrusive and clear within the military. It seems every life choice: moves, vacation time, clothing, even who we may befriend, is subject to the will of another. Help us to accept these boundaries with grace, especially when they conflict with my own desires.

I lift up to you those in authority over me today. I ask that you bless and keep them with wisdom, integrity and health of body and mind. Help me to always act with integrity, to do what is right in all circumstances, and to honor those I work with as fellow image bearers. May I give the same patience and understanding for human frailties that I hope others will give to me.

Help me to not complain or disparage the name of those over me when I disagree, especially in matters of preference. In matters of integrity lead me to speak directly and clearly with those I need to, and not sow seeds of division and conflict. May I work from a place of trust and not suspicion of those over me, because I trust you father.

In Jesus name,
Amen



FINDING A JOB

*May the Lord answer you when you are in distress; may the name of the
God of Jacob protect you.*

Psalm 20:1, NIV

Father,

We have listened and followed you to our new duty station. Our lives are in your hands and now I am in need of a new job. We give thanks for the employment you have provided through the United States Military. We are grateful for this provision.

I am looking for new employment, father. Guide me to the place that will be the best use of my gifts, talents, and skills. You know the desires of my heart, the needs of our family, and what is best for all of us. Open my eyes to the opportunities you provide. Give me wisdom in choosing which applications to submit. May I be content within our circumstances here through Christ Jesus.

Help me to be patient through the process, to submit to your instruction should the search take longer than I plan or expect. Help me to serve you in the position I obtain. May I delight in the work as I delight in you.

I pray for my future employer, that you will give them wisdom and integrity as they serve in their role. May I be a blessing and benefit to my employer, my co-workers, and those I serve through this job. When I look back I see your hand of provision and I trust your continued provision.

In Jesus name,
Amen



FINDING A FAITH COMMUNITY

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Hebrews 10:24-25, NIV

Father,

You are always faithful to provide everything we need. Today we are searching for a faith community for our family as you have instructed us to do. We want to be in a community of believers where we can encourage one another and be encouraged toward love and good deeds. We desire to grow in our faith and be equipped to face the challenges in the days ahead with faith, hope, and love.

We desire to persevere through suffering and for that we need encouragers and desire to encourage others. We need a place where each of us can learn and serve. Help us to find men who sharpen one another as iron sharpens iron to love and lead their families. Lead us to women who come alongside one another teaching how to love our husbands and children. Show us the place where our children are cared for, loved and valued for the unique individuals you created them to be and help us train them in the way they are to go.

Each member of our family needs friends, companions whom we will travel with in this season of life sharing meals, joys, failures, hopes, and tears. There are many options to worship both within the military and civilian communities. Help us find the ones that needs us as we need them.

Give us wisdom to discern the character of those who lead the community visibly and behind the scenes that we may know they are shepherds after your own heart and not wolves in sheep's clothing. May we be a blessing to this community, ready to serve even as we are served.

Help us to be patient in the search, as we trust you to lead.

In Jesus' name,
Amen



DETAILS OF PERMANENT CHANGE OF STATION (PCS)

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them.

Are you not much more valuable than they?

Matthew 6:25-26, NIV

Father,

You are kind and good to remind us not to worry, and yet I do. I am tempted to ponder all the things that can go wrong instead of focusing on the One who makes everything right.

It is time for us to move, and I focus and worry on the details: the expenses of clearing one place and moving into another, the material items-our possessions that may go missing or shattered to pieces, whether we live in base housing or in the community, the expenses of living in transition and paying for the next, renting, buying and selling. Father, I know we must make decisions, but help me to make them with the wisdom, patience, grace, and kindness that you show me.

I place more value in items that will ultimately be discarded than I do in the packers and movers who are made in your image. Forgive me for getting it wrong. Keep my focus on you, on who you are. Help me to be a good steward of the material, but also of the relational. May my words and actions be a reflection of you to the people who help me get from this home, we have grown to love, to the new home we don't even know yet.

Your word tells us that you prepare a heavenly home for us, which helps me see where we live is important to you. Not because it's in the ideal school district, but because it's where you are. May our home be a place where you dwell, where we welcome all your people.

Help me to allow this move to refine my rough edges, to allow anger and bitterness to fall away, to grieve the losses of this community as one who has hope in what you will provide with the next community. Help me to fully know that I am never alone because you are always with me. Help me to shine your light to my family, to give them room in this move even as you give me room to experience all my emotions. Help us to apologize when we wrongly handle pain and frustration and to celebrate when we handle our emotions rightly. As I turn to you, help us also to turn to one another for comfort, encouragement, and peace through this challenging season.

In Jesus' name,
Amen



REINTEGRATION

I am my lover's and my lover is mine.

Song of Solomon 6:3, NIV

Father,

You created marriage, in the perfect moment of creation you placed in the garden a man and woman for one another. Thank you for this gift, although we have corrupted it with our selfishness and sin. Father, this moment of reunion we have anticipated with much delight, is also approached with some fear and anxiety. You made us one flesh, yet it feels like we no longer fit. Our marriage, which was once familiar, is now strange as we have both grown and experienced life apart from one another. And yet, here is the one I love, and that loves me. Help us now, amidst the chaos of life and our responsibilities to family and work, to see each other as we once did. To delight in discovering the new parts of each other as we did when you first brought us together. May the strength of your love carry us through this new season of rediscovery.

As we reconnect in our marriage, help us also to reconnect as a full family. Help us to reunite parent and child as well. May we grieve the missed moments without anger or bitterness. Please strengthen our bonds to one another. Help us to allow room for one another and the changed routines, even as we change them again. Give us the words to express our fears and disappointments in healthy ways that will draw us together rather than push us further apart. Draw us closer to you, that we may be drawn closer to one another.

In Jesus name,
Amen



POST-TRAUMATIC STRESS (PTS)/MORAL INJURY

Unless the Lord had given me help, I would soon have dwelt in the silence of death. When I said, "My foot is slipping," your unfailing love, Lord, supported me. When anxiety was great within me, your consolation brought me joy.

Psalm 94:17-19, NIV

Father,

Mighty God, the warrior's battle comes on so many fronts—physical, yes, but spiritual, emotional, mental as well. The walking wounded are many, and for some hearts and minds the war doesn't end.

Lord, you see the warrior's heart. You know the thoughts. You understand what is required of them, and what happens when a person faces evil. You alone can scatter the demons that attack in the dark. More than anything, they need you.

We pray for the ones who also have physical injuries. We ask for healing. But when that is not possible, we pray you will give them the courage to face the new reality. Restore the joy of life in them.

We pray for those wounded in the heart, those who have seen things, heard and smelled things, and even did things that have buried them in despair, shame, isolation. Lord, you alone can heal. You can stop the cycle of thoughts. You give true forgiveness and release from shame. You restore hope and joy.

And Lord, we pray for the ones whose bodies and minds are imprisoned in constant war. Lord, please calm pounding hearts and racing minds. May they enter your true rest.

You love the warrior. Please help them live this life after war.

In Jesus' name,

Amen



FEAR

When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?

Psalm 56:3-4, NIV

Father,

I am afraid, I know you tell me not to be, but here we are.

My thoughts betray me, they race and terrorize me with a million horrible outcomes.

My body betrays me as though I'm under attack.

I am afraid for myself, my husband, my child.

I'm afraid I am not enough and that I am too much.

I dread pain and suffering.

Then I remember, you experienced it all. You understand better than any mortal man can.

Help me father, remind me of your promises. Bring to mind the verses I've committed to memory. Teach me to focus on what is true, noble, right, pure, lovely, admirable, excellent or praiseworthy.

You promise life, and life abundantly.

You promise peace that passes understanding.

You promise hope.

You lead me beside quiet waters and restore my soul.

You are sufficient.

I will rest in you.

In Jesus' name,
Amen



IDENTITY

*Therefore if anyone is in Christ he is a new creation, the old has gone,
the new has come!*

2 Corinthians 5:17, ESV

Father,

Thank you for your constant grace and mercy. Thank you for your provision in every type of need. You created me and each member of my family with unique talents, skills, preferences, dreams, and goals. You placed each one of us into our family in order and with a unique relationship to each other: husband, wife, father, mother, son & daughter. The world would try to use our differences to separate us. We need you to keep us together. You as Father, Son and Spirit are separate and one and so help us to each be unique and united as one in our family.

Firmly root each of us in you, so that if any other part of us is lost we will not be shaken. Our roles, jobs, health, relationships all will change but you never do.

Father, even as we seek out and develop the aspects of ourselves that you placed in us, help us to truly understand that our identity is in you alone; not in career, education, gender, or relationship. Reveal to us if we have clung to those as our identity. Help us to understand that we are your children, that you adopted us in love while we were still your enemies. Transform us to be love as Christ is love-make each of us patient, kind, not boastful or proud. Teach us how not to be rude or easily angered. Help us to keep no record of wrong nor delight in evil. Make us people who rejoice in truth. We want to be people who protect, trust, hope and persevere in all the tasks and roles of our life.

In Jesus' name,
Amen



STRESS

*Come to me, all you who are weary and burdened, and I will
give you rest.*

Matthew 11:28, NIV

Father,

I come to you weary and burdened with the responsibilities of life. Marriage, children, work, finances, extended family, politics...all of it. I worry if I do too much or not enough. I allow the cares of this world to take my focus off of you and then the guilt of being a bad Christian adds to my list. But, you ask me to give all this to you. Help me Father, to be a good manager of all you've entrusted to me without making it a burden you didn't design, because you promise your yoke is easy and your burden is light. Father, I need rest. Show me where I am holding too tightly, not trusting you and allowing you to work. You tell me that you are fighting for your people, yet I want to fight for myself. Help me to lay down my weapons of defense and pick up your peace. Please bring your joy into my life that I may have the strength necessary for today.

Help me follow your principles of work and rest, that I may work from a place of rest. Help me to become like you in all areas of my life so that I may be a reflection of you to others and show others a better way by following your example.

Father, I give you my burdens, with open hands I lay them before you. I acknowledge that I cannot change the past nor control the future. So I rely on your forgiveness for all my wrongdoing and repent of my selfish control. Father, lead me to find rest in you.

In Jesus' name,
Amen



SAFETY

I will say of the Lord, "He is my refuge and my fortress, my God in whom I trust" Surely he will save you from the fowler's snare and from the deadly pestilence.

Psalm 91:2-3, NIV

Father,

You are my refuge and fortress. I ask for your protection physically, mentally, emotionally, and spiritually.

As a military family, physical safety is always in mind, knowing that others actively seek to harm those that wear the uniform. Our desire is for a long life on earth for everyone in our family. I ask for physical protection through training exercises. I ask for wisdom in the ways we manage our physical bodies through food and exercise to complete your mission well.

Please protect our ability to think and reason, may our thoughts be fixed on you and what is true. Help us to rightly reason through difficult times, that we will honor you. There is a constant awareness of what can go wrong in the back of our minds. We need your peace. You have gifted us with all our emotions, both positive and negative. Help us to feel without using our emotions to harm or manipulate others. Keep us from being deceived by our emotions while still experiencing them fully. Please use them to give us a better understanding of you, ourselves and others.

Protect and grow our faith in you. May difficult circumstances and doubts draw us closer to you. Holy Spirit, keep us from withering in our faith like seeds planted in hard ground, but may we be the rich soil, where times of trouble force our roots deeper into you. Help us to question all spiritual practices and give us discernment to discard those that are harmful or misapply your word.

Help us to understand and know in our very core that regardless of circumstances, with you, it is well with our souls.

In Jesus' name,
Amen



LONELINESS

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalm 23:4, NIV

Father,

This is a lonely life. We are surrounded by people but few who really know us. We are separated often from our spouses and kids. And our extended family is miles away. We all have to go on with life without each other. And when we do make friends, find community, are supported by a church...we end up moving.

It's exhausting to keep starting over. Every new duty station makes us feel so alone.

But no matter how alone I feel, you are always here. You hover over us, like you did in creation. You come beside us, like you did when you sent Jesus. You surround us like the air we breathe with your Spirit. You are the God that is with us, and we can't be grateful enough. You never have to leave, never get tired, never fail. You know all about us, love us still, and help us become better.

So Lord, help us now. Please comfort us, help us sense your presence, and give us your peace. Help us to lean into you first. And then Lord, help us take the risky steps required to find friends. Lord, lead us to a church we can serve. Help us meet good people. Help us be good people.

You made us to be in relationships, God. Thank you for blessing us with the people we have loved until now. We will patiently trust you to do it again.

In Jesus' name,
Amen



RESENTMENT/BITTERNESS

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7, NIV

Father,

The disappointments, the disillusionments of military life can pile up. Resentment presses in, with her ugly sister Bitterness right behind. They suck the peace out of this family, and the joy out of life.

Help me fight this battle. Break me free from this lonely cell. Protect my family from this whispering demon.

For you are good to us Lord, and you are the One in control. Life disappoints, even crushes, but we can hold to you—the Giver of true life, the Conqueror over all evil. You love us and you lead us, so I don't have to make it all happen. In trusting you, we can have peace.

So turn our eyes to you. You bless us daily. From the air in this breath, to the beauty of the night stars, from the adventure of this military life, to the courage of our warriors, from your provision of today's meal, to the promise of a great feast in heaven, you are the source of all good. Help us to always be people of thanksgiving, your grateful children.

In Jesus' name,
Amen



UNCERTAINTY

I took you from the ends of the earth, from its farthest corners I called you. I said, 'You are my servant'; I have chosen you and have not rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
Isaiah 41:9-10, NIV

Father,

We might move here, or there.

The orders might come this week, or get canceled until next year.

The promotion will happen if the training slot opens up.

We don't know if our warrior will be able to make the birthday party.

And if the saber-rattling gets any worse, a deployment could happen.

And if anything goes wrong on the mission...

God, all the uncertainties can't even be imagined—except by you.

You see the outcomes of a thousand years ahead. While we can't control the next 5 minutes, you have a plan for the universe. And when everything seems out of control, you are putting things into place.

So help us trust, Lord. Keep our eyes above all the chaos, and on you, our solid rock, our fortress. Help us recognize when you are strengthening us. May we see your helping hand. Teach us to believe in your love, your good plans, and your power to make it happen.

When the earth shakes, grow our faith. Help us know deeply that you hold us in your hands.

In Jesus' name,
Amen



STATION ASSIGNMENT

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

Proverbs 3:5-6, NIV

Father,

It's time to move again. There are so many things we consider as we submit our choices to the military, but you alone know what is and will be best for our entire family and according to your standards. I trust you. I want to trust you with all my strength. I place all our ways before you and ask that you make our path straight. I have so many wants and desires about these opportunities before us. Some of them honor you, some of them are selfish and honor myself, some just are.

Keep me from feeding seeds of bitterness and resentment over my perceptions of "missed" opportunities or "best" and "worst" places to live. Forgive me for seeds I have already planted. Forgive me for envying the assignments of others.

Forgive me for pride in an assignment received.

I turn from all these sins and thank you for ordering our steps and taking us on the straight path. You choose the best path for each of your children. May we serve you wherever you take us. May our home be a place of refuge for our family, and those who enter it. Thank you for the friends we will make, for the home we will live in, the church we will attend. Thank you for the people who live in that community now, and those who will move in after us. Thank you, that you are present in all the places we have been and will go. Thank you for this new opportunity in our life to love you and love others.

In Jesus' name,
Amen



LOSS OF CONTROL

You hem me in behind and before, and you lay your hand upon me.
Psalm 139:5, NIV

Father,

We don't get to pick where we live, or what job we're doing. Don't get to choose our vacation days or even when we'll be together. We can't make orders happen, or be canceled.

Our illusion of having any control over our lives is shattered.

Which is a good thing. You alone control all things. You are all powerful. You are all good.

Help us to know that deep in our soul, Lord. May we feel your surrounding presence. May we trust in your good plans—and watch excitedly for how you are going to come through for us. Help us to hold our desires loosely, and pray for your will to be done.

You, God, have come through for us over and over again in the past. You will win the final battle. So even more than we do for the military, we give control of our lives to you. Thank you for going in front of us, coming behind us, and holding us close in your hands.

In Jesus' name,
Amen



THANKFUL

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you.

Psalm 63:1-3, ESV

Dear Father,

I am thankful, truly thankful for this military calling because through it, you have taught me what it means to be a pilgrim in this world. Comfortable? What is that? It is not in our military DNA.

Your plan and purpose permeate every circumstance and move. Your sovereignty dictates our path and so there must be a silver lining with every assignment. As a result, I am going to take a moment to look back, remember, and say thank you.

Lord, what are some of my military memorial stones? Memorials of thanksgiving that capture your steadfast love and faithfulness throughout this difficult but God-driven journey...

I am thankful for:

- The military family, for it is through them you taught me your steadfast love.
- The separation, for it was in the stillness that I experienced your presence.
- The anxiety, because it was in the distress where I learned your peace.
- The change, for it was in the panic where I learned your contentment.
- The stability, for it was in the constancy where I learned your rest.
- The culture, for it was in the diversity where I learned your unity.
- The trial, for it was in the struggle where I learned your hope.
- The craziness, for it was in the drama where I understood your call.

Lord, I want to look up as Jehoshaphat did when he faced a seemingly impossible battle and say, "I do not know what to do, but my eyes are on you." You know as military families, we often find



ourselves in this reality. Let us view the uncertainty as an opportunity to worship! May we not run from the front line, but boldly stand on it and proclaim as the Israelites did, “Praise the LORD; for his steadfast love endures forever.” Just like you showed up for them in all your glory and fought for them, I am confident you can and will do the same for us! We often try to tackle the chaos on our own instead of lifting our hands in worship. So today, we stand at the battleline and choose not to fret but to praise!

In Jesus’s name,
Amen

*But blessed is the one who trusts in the Lord, whose confidence is in him.
They will be like a tree planted by the water that sends out its roots by the
stream. It does not fear when heat comes; its leaves are always green.
It has no worries in a year of drought and never fails to bear fruit.*

Jeremiah 17:7–8, NIV



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